

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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B236 – FLOUR, BREAD, ENRICHED, UNBLEACHED, 25 LB

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 2 grade or better unbleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 83¼ cups. One lb AP yields about 3½ cups. CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the <i>Food Buying Guide for Child Nutrition Programs</i>.
STORAGE	<ul style="list-style-type: none"> Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store bread flour under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, bread, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	495
Protein	4.10 g	16.41 g
Carbohydrate	24.84 g	99.37 g
Dietary Fiber	0.8 g	3.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.56 g	2.27 g
Saturated Fat	0.08 g	0.33 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.51 mg	6.04 mg
Calcium	5 mg	21 mg
Sodium	1 mg	3 mg
Magnesium	9 mg	34 mg
Potassium	34 mg	137 mg
Vitamin A	1 IU	3 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.14 mg	0.55 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none"> • The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.